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WELCOME JANUARY STUDENTS

By Nancy Lim

For some students of George Brown College (GBC), their first semester begins in January. Although many of those who begin in September probably have a better feel for their surroundings, do not fret, new students. The Student Association (SA) is here to help.

There are several resources that will provide information about GBC, such as the Student Association offices located at each campus. Here you can receive a free Locker Board®, as well as a copy of The Source. The Locker Board serves as a helpful calendar, and being dry-erasable, students can fill in important dates each month. Similarly, The Source is the official Student Resource Guide and Planner of George Brown College. It contains information about SA services, Life Works, student health plans, important dates, and a full year calendar.

There are many services provided by the students for the students. These include the various clubs, bulletin boards, and student lounges. In addition, Get Back Jack's, which is a retail store owned by the SA, is located on both St. James and Casa Loma campuses, and provides snacks, drinks, cigarettes, and phone cards at reasonable prices. The Dialog Collective is an independent student group who publish

a bi-weekly newspaper published and it accepts any volunteers willing to contribute.

As well, the SA is a member of the Canadian Federation of Students (CFS), and because of this, full-time fee paying students can obtain the International Student Identification Card (ISIC) free of charge. This card enables students to receive travel-related discounts, access to specialized student service organizations, and numerous Help Line services.

Moreover, Life Works is the newest division of the SA. It is composed of various student driven initiatives such as food banks, free legal advice, and Access Centre, a place that provides guidance for students with disabilities. As well, there is the LGBT (Lesbian, Gay, Bisexual and Transgendered) Centre and the Women's Centre, both of which serve as safe spaces for people to meet and offer support.

What you NEED to know about the Student Health and Dental Plan.

Once again, the Student Association is offering the Student Health and Dental Plan for January start students. The cost to students is just \$113 for 8 months of coverage. A great deal! While this is a mandatory College fee, each student does have the opportunity to apply for a refund if they have other comparable coverage. The deadline to apply for a refund is January

25, 2002 at 4:00pm. Students can also enroll their dependents (children, spouse, same sex partner, etc.) for an additional \$166 for 8 months coverage, (paid directly to the Student Benefits Office). The deadline for family add-on is also January 25, 2002 at 4:00pm. The health and dental plan is a great service offered to the students of George Brown College. Get informed and take full advantage of it! Visit the Student Benefits Office at your campus today!

Critical Dates

There are also several important dates to keep in mind during this semester in 2002. For instance, the Student Association Election Nominations begin on January 7 and end on February 18, while voting begins on March 14 and closes on March 20. Likewise, February 6 is the National GFS Day of Action, which is the day students are encouraged to walk out of class to oppose government increases in tuition fees.

All in all, there are many resources provided by the SA and GBC. These will help new students to gain a feel for their surroundings, as well as get informed about the important services and events of George Brown College.

A new Cafeteria Provider

by Allan Stokell

Eugene Harrigan, Vice President, Corporate Services has announced a new food service provider. In a release dated December 19, 2001, he stated "I am pleased to announce that the Board of Governors has approved awarding the contract for the provision of food services to Chartwells, a division of the Compass Group of Companies. Chartwells was the unanimous recommendation of a selection committee which included two representatives from the Student Association and John Walker, the Dean of Hospitality. The committee was impressed with the Chartwells proposal which focused on food and menu quality, significantly increasing customer satisfaction and bringing innovative ideas to address

the diversity of our various campuses. Equally positive were the references from the 17 Ontario colleges where Chartwells operate the food service and their eagerness to partner with the School of Hospitality."

Chartwells will be taking over at the end of the current semester and will be in operation for the start of the winter semester in January. According to their internet site, "Chartwells provides colleges and universities with responsive food service that meets the precise requirements of each campus. By actively seeking input from campus communities worldwide, Chartwells appreciates the unique needs of students, faculty, and staff. Such interaction enables Chartwells to deliver what customers want: exceptional value-including today's

popular brands-at a reasonable price. Chartwells also understands the operating requirements of higher learning institutions."

"In response to customer feedback, Chartwells dining environments feature a wide selection of popular national brands as well as quality signature brands. Chartwells combines the variety and affordability of a food court with the high quality service, health, and nutrition of a five-star restaurant. For example, campus dining customers enjoy the reliable quality of these national brands, among others: Burger King, Taco Bell, Pizza Hut, Sbarro, Subway, TOBY, and Starbucks." According to Chartwells: "These are just a sample of the many national brand opportunities available from Chartwells. Rather than emphasizing one brand over

another, Chartwells listens to each client's unique requirements to develop a plan that makes sense for the individual campus. Local culture, student demand, off-campus alternatives, and other factors influence the portfolio of brands that work for a given campus.

Chartwells also offers a complete line of signature brands including: Upper Crust, Ritazza, Not Just Donuts and StopGap-A convenience store with specialty services.

Chartwells is a division of the UK-based Compass Group PLC, the world's largest food service company with operations in more than 90 countries. Worldwide, Compass Group has over 265,000 employees and 2001 revenues of \$US12 billion.

The Student Association Annual General Meeting

By Nancy Lim

On Tuesday, November 27, the Annual General Meeting (AGM) of the Student Association (SA) of GBC was held in the Student Lounge of St. James Campus. This was an opportunity for the Board of Directors and members of the student body to discuss issues regarding the SA and George Brown College.

The meeting was presided by members of the Board, who include Kevin King (President), Udana Muldoon (Vice-president of Education), Bruce Kilpatrick (Vice-president of Casa Loma), Anil Bhattoo (Vice-president of Nightingale), and Tim Johnson (Vice-president of St. James).

At 2:30 p.m., the meeting was

called to order by Joel Duff, the Acting Speaker who is also the Ontario Chair of the Canadian Federation of Students (CFS). Several items on the agenda followed, such as the announcement of proxies, presentation of the annual report, and approval of proposed by-laws. The meeting also touched on how the SA has undergone a major transformation. The Board of Directors has tried to improve its ability to communicate to students and to encourage them to get involved in the George Brown community. This is evident in the establishment of the Ambassador Program. Being a new initiative, the program will allow the SA to bring information to students through presentations and classroom announcements, and increase employment for students.

There was also a discussion of the new additions and improvements to George Brown College.

For instance, the Student Association is trying to attain 15

student bursaries, which will be given to those students who are an active force at George Brown. As well, there has been an



ongoing attempt to reduce tuition fees.

New suggestion boxes have been placed on all campuses, giving students a chance to voice their concerns. In addition, the SA has organized Fresh Week, the first year it has been held, and there have been various improvements to the Student Health and Dental Plan.

The Board of Directors gave an update on the various SA business ventures which serve as opportunities for student employment. The Subway and

Second Cup franchises, located within the Student Centre of St. James Campus, have not received net income in its first year of operation. This is because of a legal settlement and the purchase of new equipment. However, these franchises are expected to make a small amount of revenue this year, and profits will be used to support new services and Student Centre facilities.

Similarly, Get Back Jack's, which is a retail store operated at both St. James and Casa Loma campuses, has been quite profitable for the SA. Yet unlike these businesses, the Campus Bar (The Zone) located at St. James commonly suffers a net loss. Thus, the Student Association is planning to organize focus groups to help revamp the format.

The Student Services departments were also reviewed at the AGM. Some of the discussion involved the Life Works Centre, Women's Centre, Lesbian, Gay, Bisexual & Transgender Centre, and the

Student Centres on each campus.



All in all, the Annual General Meeting was informative and productive. The Board of Directors has shown its commitment to the students, and is continuing to make enhancements and innovations that will be beneficial to the George Brown community.

If you have any questions or comments about the Student Association you can direct them to:

Kevin King, President
416-415-2765 or
Wayne Porter, Executive Director
416-415-2456



Hearing Ear Dogs of Canada Visit Casa Loma

By Karen Walker, Counsellor / Coordinator Deaf and Hard of Hearing Services

About 35 GBC staff and students attended a presentation by the Lions Foundation of Canada Dog Guides and watched the Hearing Ear Dogs strut their stuff! Jill Bennett and Rhonda Workman of the Hearing Ear Dogs program made an excellent presentation but Simon and Earl-the Hearing Ear Dogs-stole the show. The picture tells the story... check out Simon, Earl, Rhonda and Jill with Deaf and Hard of Hearing Services Interpreter Sue Kean and Computerized Notetaker Vern

Nicholson.

Rhonda, Jill, Simon and Earl presented some great stuff during their one-hour demonstration at Casa Loma Campus. Did you know that Hearing Ear Dogs - like other Dog Guides - are trained from an early age to be working dogs? And when they are finally placed with an owner, the dog is basically on the job 24 hours a day-although they DO get some downtime.

Hearing Ear Dogs are trained to alert Deaf, deafened and hard of hearing people to the sounds of everyday life-like smoke detectors, fire alarms, door bells, alarm clocks, telephones, a baby's

cry and many other sounds. Potential Hearing Ear Dogs are placed with foster families at eight weeks of age to learn proper doggie manners. The formal training of the Hearing Ear Dog usually starts at about one year of age and lasts for about six months. Generally a smaller breed of dog is most suitable and screened for a friendly non-aggressive temperament. The Hearing Ear Dog wears a special orange coat that identifies them as a working dog. This working dog and its owner have the same rights and privileges as other working dogs-access to malls, restaurants,

taxis, and places of work and worship. Owners are given an identification card (which is a picture of the owner with the dog) that can be shown if someone challenges their right to enter a particular place. During the presentation we got to see Simon and Earl do their stuff when they alerted the trainers to the phone ringing and a timer buzzer by gently jumping up on them.

Hearing Ear Dogs are given to the Deaf, deafened or hard of hearing people free of charge-with the expectation that the owner will dutifully care for the dog upon graduation from training. Interested applicants need to first fill out an application form and then apply online. Someone from Dog Guides will then make a home visit to explain about the program. Just before the Hearing Ear Dog graduates, the potential owner attends the training centre to spend two weeks as a guide in the training. Dog Guides of Canada make every attempt to determine a good match between

dog and owner in terms of personality and compatibility. Dog Guides of Canada WILL be visiting GBC again...check out a



puppy with his or her foster family and some real live training at the St. James Campus on Thursday, January 17, in the Main Lobby between 11 - 2 p.m.

For more information about the Lions Foundation of Canada Dog Guides, check out their website at www.dogguides.com.

December 6: A Day to Remember

by Nancy Lim

On a cold, winter evening in 1939, an armed man walked into the Ecole Polytechnique in Montreal.

Opposed to the feminist movement, he mercilessly killed fourteen female students and wounded thirteen others before taking his own life.

This cold-blooded act on December 6 is known as the infamous Montreal Massacre. Its tragic memory has been imprinted in the minds of many Canadians and others around the world.

However, violence occurs in women and children's lives on a daily basis.

According to Statistics Canada, more than half of all women in the country have been physically or sexually assaulted, and one in every four women experience some sort of violence in their close relationships. It is also estimated that one hundred Canadian women are killed each year by a current or previous significant other. Thus, in

corresponding with the sad anniversary of the Montreal tragedy, December 6 was the National Day of Remembrance and Action on Violence Against Women. It was a time to reflect upon females who have been hurt or killed because of abuse based on gender, as well as for communities to work together to help prevent all forms of violence against girls and women alike.

That is why numerous

organizations have also been established, for they each contributed to this movement. For instance, the December 6 Fund continually helps women by providing loans without interest to those who wish to escape abuse and move towards independence. These loans are commonly used for moving expenses, rent deposits, and document replacement, and once a woman has repaid her loan to the Fund, the money is used again to help another woman who seeks aid. Similarly, since 1991, the Rose Button Campaign has shown its support and commitment to end violence against women and children. Organized by the YMCA of Canada to raise money for support of anti-violence programs and services, more than 200,000 Rose Buttons have been distributed across the country over the past decade. There is also the White Ribbon Campaign, which is the largest male organization in the world that works to stop female violence. By wearing a white ribbon, men make a personal promise never to perform, condone, or remain silent about any violent act against women. Likewise, George Brown College has shown its respect to the National Day of Remembrance and Action on Violence Against Women. The Assaulted Women and Children's Counsellor Advocate had organized the annual commemoration for the fourteen women who were murdered

in Montreal, as well as for any female who had been a victim of violence. This was held on December 6, 2001 at St. James Campus, from 12pm to 1pm.

In loving memory, a candle was also lit for each of the fourteen women.

The lives of women who once were will never be forgotten, as evidenced by the positive commitment and impact of those who seek to end violence. December 6 was truly a day to pause, reflect, and take action.

SPRING BREAK

More than 14,000 booked already!

Daytona Beach from \$179
• 6 nights beach front hotel
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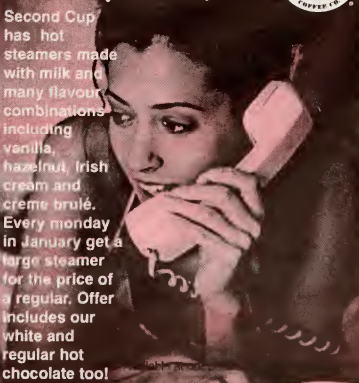
Quebec from \$199
SKI/Snowboard Trip!
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• 3 nights accommodation
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To book, contact:

breakawaytours
905.501.9774 or 1.800.465.4257
www.breakawaytours.com
See Bro. 4421212 Prices will vary depending on season/point.

Steamy Monday

Second Cup has hot steamers made with milk and many flavour combinations including vanilla, hazelnut, Irish cream and creme brûlée. Every Monday in January get a large steamer for the price of a regular. Offer includes our white and regular hot chocolate too!



dialog

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Contributions

Contributions to Dialog are always gratefully accepted. Written work in plain text (TXT) or ASCII DOS text files. Images should be on Mac or PC platform in EPS format for vector images or TIF for bitmap. It is requested that you submit a hard copy of your work with the disk. Original works only please. Please credit any internet content.

Dialog Collective
The Dialog Collective, the publishers of the Dialog newspaper, creates many part-time jobs and honoraria positions for George Brown College students. The cost of producing a bi-weekly newspaper is in part defrayed by advertising revenue. Occasionally, some advertisers, products, and services do not reflect the policies of the Student Association of George Brown College. The Collective reviews advertising policy from time to time at our weekly meetings. Students concerned about advertising which encourages student debt, bad health habits, or having other concerns about specific ads are encouraged to attend these meetings. If you wish to be on our agenda, contact us by phone at (416) 415-2710 fax: (416) 415-2491 or at dialog@canada.com

Opinions expressed in Dialog are not necessarily those of the Dialog Collective, the Student Association of George Brown College, or its editorial staff. Dialog will not publish any material that attempts to incite violence or hatred against individuals or groups, particularly based on race, national origin, ethnicity, colour, gender, sexual orientation, age or disability.

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dialog@canada.com



HOW MUCH DO YOU OWE?

\$3200
\$6000
\$35,000

Your Student Association and the Canadian Federation of Students believe student debt is out of control. In the next issue of *Dialog* read about how we can do something to escape this debt sentence.

dialog
Student Association

Letter to the Editor

By now I hope that most students know about the Life Works Center (room 165B St. James campus). If you have not, you should check it out. When I started to help out in Life Works I thought that it was a great idea until I found out differently. You see, S.A. has lost control over Life Works (yes I know they started it, but that is not the point) and over time it has become its own department, helping students like women, LGBT (lesbian, gay, bi-sexual, transgender), food bank, disabled students, etc. have support and a positive safe place.

This is where things become funny. The S.A. feels that by should put their label on every event that Life Works does, yet the S.A. has done nothing for these events. They don't help plan the events, they don't put input into the events, and the S.A. members do not participate in the events. However, they still take the credit for the event that they did not help with. The only thing that the S.A. helps with is the student lounge, and a

budget of approximately \$10,000 (what a lot, NOT).

Life Works is on all three campuses, and each center has four areas. That does not leave a lot of money for books, guest speakers for events, etc. That leaves us with NOTHING (big Zero), and Life Works only gets the money if the SA feels that it is being used the right way and if they follow SA rules and guidelines. What does the SA care about how they spend it? It's their money! Life Works has different needs compared to the SA, and the point of Life Works is to help those students in need and to educate others about these needs. The purpose of the SA is to fight for students' rights, but wait (Don't stop reading), there is more!

This year the SA cut some jobs (managers) which means that the head person of Life Works really has no control and must beg for money or anything else that is needed. Once again, how does the SA know what Life Works needs? When have they worked in Life Works? Does Life Works need

an S.A. or does SA really need Life Works? If Life Works was it's own thing I think we would really see that the SA does not do so much for us students, they do not motivate us and the spirit within the school is lacking. Life Works does it for them and the SA gets the credit. What needs to be changed is for Life Works to grow into its own tree!

1) The SA should cut Life Works and let it do its own thing.
2) Needs more funding from S.A. because it does have a lot of money.
3) Stop taking credit where credit is not due. Don't put your label on a poster unless it was 100% SA, not 50%.
4) Give back Management positions (to some). This way needs are met.

Let Life Works be Life Works and SA be S.A. Say yes to Life Works and time for Life Works to grow its own seeds without SA digging them back up.

Student Name Withheld
Upon Request

George Brown College Past Events November 26th-January 1st, 2002

November 27th, 2001
SA AGM

November 29th, 2001
Comix Meeting

December 03, 2001
CC OSAP Open House

December 05, 2001
Winter Jam
5-11pm SJ Lounge

SA + Mosaic

December 06, 2001
Montreal Massacre Memorial

December 12, 2001
Holiday Party SJ

December 15, 2001
Athletics Banquet

December 24, 2001
College closed at noon
Closed from December 25 -
January 1st, 2002

George Brown College Upcoming Events January 12th-January 29th, 2002

January 7, 2002
Part-Time Registration Starts
Winter Semester Session One Starts

January 11,
Final Day for Late Admits
Final Day to Add a Full Semester Course

January 15,
Dialog Deadline

January 18,
Final Day for Full Semester Course
Drop with Refund
Final Day to Apply for Full Semester Course Exemption
Final Day to Withdraw from Program with Partial Refund

January 25
Health Plan opt out date for January students

The Fairness Commission Accuracy, integrity, safety and respect

There are at least two sides to a story and the Dialog Collective strives to allow all people to freely express their opinions. As a forum for diverse viewpoints, it is the responsibility of the Collective to make sure that our policies are fair and also appear to be fair, that we are impartial as well as appear to be impartial.

We encourage everyone to write letters for publication on the Editorial page. Concerns or congratulations about content should be addressed in writing or e-mail as a Letter to the Editor.

George Brown College

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The Fairness Commission is designed to allow readers to be able to access a fair and unbiased medium where concerns about content accuracy can be addressed. We are eager to make corrections when applicable, but it is normally not our policy to publish corrections as a result of typographical errors nor will we repeat errors in the correction. So readers can easily find any corrections, it is our policy to publish them on page

three, or the Editorial page.

In the case of a complaint, please deal directly with the Fairness Commissioner. The Fairness Commission is an independent body that mediates between concerned readers and the Dialog Collective. Members of the Collective are asked to refer fairness concerns directly to the Commissioner, and until a concern is resolved, the Dialog and the Dialog Collective will not comment on the matter. The Collective will cooperate with the Commission during its investigation and will accept the Commission's decisions as

binding.

The Commissioner for this year is Albert Lee. Albert is a graduate of the University of Toronto and has worked in an editorial position on two student newspapers on campus. He is completing his post-graduate work at GBC in the Human Services Counselor program.

Please contact Albert Lee directly at:
gotabeef@canada.com or call
416-415-2900 ext. 89537.

COMMENTARY

By Aragsan Jibral

My marriage broke up 2 1/2 years ago after only one year of marriage. It was a period of pure struggle. Marriage was a contract I had entered without fully understanding it. All my life I was led to believe fairy tale endings; you marry and live happily ever after. Needless to say things did not turn out anything like that. I never thought I would have a failed marriage and even more become a single mom. I was not prepared for it. Through stress and challenge I have learned to mature very quickly and adapt to my new reality. Today I am a full time student and a full time parent. Balancing between my roles is often challenging but ultimately rewarding in that I have such a sense of accomplishment as new challenges are presented and eventually managed. My day begins at 5 am and ends at midnight. The hours between I'm usually on the run. I usually begin and end with 1/2 hour session of yoga, a practice I have turned to for relaxation and guidance. My daughter is my inspiration before she was born I had no desire of becoming anything more than a waitress. She has given me a reason to live and for that I am grateful.

Hindu Wisdom

In a war of words none can defeat an eloquent man
Who never succumbs to fear or confusion.
Upon finding men whose forceful speech is couched
In cogent and enchanting ways, the world swiftly gathers around.
Unaware of the artful use of a few flawless words,
Men become enamored with excessive syllables.
Men who cannot communicate their knowledge to others
Resemble a bouquet of unfragrant flowers in full bloom.
Tirukkural 65:647-650
Excerpted from the Tirukkural, translated by Satguru Sivaya Subramuniyaswami.

Humility and pleasant words are the jewels
That adorn a man; there are no other
If a man seeks good works while speaking sweet words,
His virtues will wax and his vices wane.
Tirukkural 10:95-96
Excerpted from the Tirukkural, translated by Satguru Sivaya Subramuniyaswami.

contributed by Sivannini

MY HEART WILL GO ON

When my days seem like nights
and I'm battered and worn
I wrestle with agony of having ever been born
I seem to have no purpose, I seem to have no plan
I seem to have no hope, no foundation on which to stand

God why have You called Me to accomplish Your Will?
Why is Your patience a part of me still?
I don't see a Potter Who has molded this clay
I only see someone who can't find his way

When I want to give up why won't You just let me?
When I embrace blindness why force me to see?
When I become numb why force me to feel?
When I am confused why show me what's real?

When all in my life the failures I prove

My feet try to run but my heart will not move
From Your stubborn love that for me intercedes
My heart does not follow where thoughts try to lead

In the midst of the sorrow; in the midst of the pain
In the midst of my tears that imitates rain
Though my days filled with joy have seemingly gone
For You my Dear Lord, my heart will go on

When the darkness has covered so my eyes can't see day
When my hearing won't allow me to hear what You say
When the scent of Your Presence has seemingly gone
For You my Dear Lord, my heart will go on

When I can't feel the Love that to me You are giving
When I can't see the purpose for me to keep living
When my soul wants to curse the day I was born
For You my Dear Lord, my heart will go on

When the wilderness surrounds me and my walk goes astray
When the beasts of the wilderness plan to make me their prey
When the denseness of the wilderness makes me lost and forlorn
For You my Dear Lord, my heart will go on

Unto the hills, I now fix my eyes
So I may see, the God-given prize
As a tattered warrior, so beaten and torn
For You my Dear Lord, my heart will go on

My heart will go on with You as my Source
My heart will go on so I will finish my course
For such a time as this I know I was born
So for You my Dear Lord, my heart will go on

by Joshua Li

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EDITORIAL INTERN

1 Join the Dialog Collective team now; train for a key position next school year

2 Ideal position for a student seeking a career in print media. Excellent writing and communications skills and knowledge of digital photography and QuarkXPress a must. Ability to work under close deadlines and knowledge of Photoshop® and Illustrator® an asset. This is a paid part-time position.

Send resumes to:
Communications Manager
Student Association of George Brown College
200 King Street East,
Toronto, ON M5A 2W6
fax: 416-415-2710
for an extended posting contact:
astokell@gbrowne.on.ca

The Student Association is an equal opportunity employer and welcomes candidates from among those groups of individuals that are usually under represented to apply.

Student Association

Thought For Food Productions presents The Universal Wolf

A play by Joan M. Schenkar

Little Red Riding Hood takes quite a different path in this irreverent revisiting of the classic tale.

Previews Wednesday January 23, 8pm.
Opens January 24 and runs to February 3
© The Alumnus Theatre Studio, 70 Berkeley St.

Featuring: Maria Gentle, Randy Johnston, Helen Juvonen, Carl Young

Directed by Helen Juvonen

Original music by Andrew Clark

Performances: Thursday to Saturday 8pm; Sunday 2pm

Prices:
General Admission \$15, Seniors & Students \$12
Sunday PWYC. Preview half-price \$2 off with a food bank donation
Box Office: 416-617-6020

Subtitled 'a vicious new version of Little Red Riding Hood', the play is a post-modern take on the well-known fairy tale. In this innovative adaptation, Little Red is an insufferable brat; Grandmother is a retired butcher; and the Wolf (Monsieur Wolf to be precise) is a French structuralist who speaks with a bad accent. The Woodsman is conspicuously absent but Jacques Lacan and Roland Barthes make cameo appearances.

The play is many things at once: a violent fable, a feminist revision, as well as a clever satire of literary theory. But above all it is a comedy, as Schenkar says, a "comedy of menace."

FEATURE/NEWS WRITER

1 Report on events happening at our college
Interpret happenings that affect our student readership

2 Ideal position for a student journalist. Excellent writing and communications skills and knowledge of digital photography a must. Ability to work under close deadlines and knowledge of QuarkXPress®/Photoshop® and Illustrator® an asset. This is a paid part-time position.

3 Send resumes to:
Communications Manager
Student Association of George Brown College
200 King Street East,
Toronto, ON M5A 2W6
fax: 416-415-2710
for an extended posting contact:
astokell@gbrowne.on.ca

The Student Association is an equal opportunity employer and welcomes candidates from among those groups of individuals that are usually under represented to apply.

Student Association

I want to know more



the ambassador program

Visit the Student Association Office in Room 147 to Sign-up for the information session.

Student Association

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WE ARE THE REASON LIFE WORKS

The Threshold of Silence

George Brown will be hosting the

The Vagina Monologues

V - DAY

Until The Violence Stops

February through March

Women are welcome to audition in January

and we definitely need help behind the scenes

Please contact

Sharon Kamassah, or Anita Ademolu

in the life works centre

Room 165b

200 King St East

Toronto Ontario

M5A3W8

tel 416-415-2846

fax 416-415-2491

In tribute to all the beautiful people we know and love in our lives, although they will not share our day to day tribulations

we want them to know that they share our soul

Our hearts go out to the strong, and brave Afghani women who have endured

more in 5 years than most of us will endure in a life time

I will never have to hide myself

I will never have to shame myself

for who I am

I accept myself and am thankful for

what I have

I will not be silenced

I will speak out

By Nesha Mirchandani Sakhrani

In the name Allah, you have raped my body

In the name of Mohammed, you have stolen my freedom,

O! Taliban, what more can you take, you have shattered my soul?

My children have not eaten for days

My husband was killed in the civil war

And I'm trapped in a house with windows painted black,

I remember when I still believed in hope

I remember when I thought they would come

To save us from a life of chains,

I've heard of a thing called feminism

It fights for women so they earn what men earn

But in my country, women can't even work.

In my country, women have no rights

Girls are not allowed an education

And my little girl can't even spell her own name.

No one heard me screaming

Now I'm silenced forever

And millions of flames have died before me.

We are murdered if we leave our homes unescorted

• We are covered from head to tow

in

suffocating garbs

And we are invisible to the world.

We cannot attract attention or we will be

slaughtered

We cannot participate in social events or sports

My children cannot fly kites -

real or imaginary

My teenage boy, he believes that women are the scum of the earth

That's what they taught him, that's all he's

ever seen

He will beat his wife and treat her like a slave.

I wrote this poem to tell the world who doesn't care about me

That I exist even if they look the other way

Just because it isn't them doesn't make it go away.

As you leave your home to go to work,

sister

As you watch your little girl laugh

her first

laugh, father,

Think of my children - my life is over, but theirs has just begun.

I crossed over the Threshold of Silence

And now I am forever part of the Silenced

Marked by invisibility and darkness.

When I crossed over, I also crossed

The Threshold of Pain.

Where you feel nothing.

I don't ask for your pity

I don't ask for your charity

But never let this happen again.

Our silence

must never become an epidemic

Because then we lived and died

in vain

And left our children a shameful legacy.

My pens running dry, this story's told

It's dedicated to my Afghani sisters

So remember, you can never let it happen again.

winners of 'breathe' the gbc community-wide art competition

Open Medium-Victor Xavier &

Hiroko Hirahara, Bruce Kilpatrick.

Words in Motion-Tanya Sebben,

Outdoor Mural-Jacqueline Severs.

Honourable Mentions-Melanie

Cornacchia, Jennifer Gruhi &

Cecilia Wal-sei Charm

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AS SEEN BY



du Maurier ARTS

GOT THE BLUES?

Feeling SAD During Winter?

By Nancy Lim

Have you ever felt down during the winter months? Had less energy, weight gain, or difficulty getting out of bed?

If so, you may have suffered from Seasonal Affective Disorder, also known as SAD. It is an illness caused by lack of exposure to sunlight, and generally occurs from September-October to March-April. Researchers believe that when people are deprived of light, the brain chemistry is thrown off balance, causing this disorder. There are also other symptoms, which include irritability, nervousness, and cravings for carbohydrates such as sweets and starches. Individuals often experience lessened work productivity, as well as withdrawal from social connections.

By experiencing these symptoms to a great degree, many people who suffer from SAD

have an inability to function normally. It is estimated that 900,000 Canadians have this disease, and half of those who suffer go undiagnosed. In addition, almost four times as many women suffer from SAD as men.

helps to create equilibrium to our brain chemistry. However, these light devices cost upwards of \$250, and the amount of time spent receiving this daily treatment may vary. Light therapy requires an individual's eyes to strike the light and occasional-

Dawn Simulator is often used. Being a programmed light device, it gradually increases its intensity and reaches full strength just before the individual is expected to wake up.

Similarly, exercise can also be helpful, especially when done outdoors. This is because outdoor light is often brighter and more effective than the light box. When the sun's ultraviolet rays make contact with the skin, the human body produces Vitamin D, a hormone which regulates the calcium levels in the blood and thus keeps the bones and body healthy.

Self-diagnosis and self-treatment of Seasonal Affective Disorder may be misleading or harmful. An individual may misinterpret his or her own symptoms or severity of illness, so if you suspect that you are suffering from SAD, it is best to be professionally evaluated by a psychiatrist, psychologist, or counselor.

"It is estimated that 900,000 Canadians have this disease"

There are several effective treatments for SAD, and commonly anti-depressant medication is administered. Light therapy is another alternative, which requires regular doses of intense light through light boxes. In theory, the increase in exposure to light

glance directly into it, yet it is not necessary to stare for prolonged periods.

Because a common symptom of SAD is difficulty to rise from bed in the morning, it is useful to have the light turn on just before the time of awakening. That is why the

Six Theses:

by Shannon Hardie

That we must save the victims of suicide.

That we must target depression within the layers of self to reduce the potential of suicide.

That through talk therapy we can revive memory of the condition for the sake of recognition and theory of self.

That there is freedom from depression.

That creative expression enlivens the burden of depression.

That we can cure depression without medication.

Is depression internal or external? Is depression a layer of self designed from within?

Are there ways of coping with depression?

Are we capable of giving into depression in order to come to terms with depression?

Is there a means through talk therapy to address these layered symptoms of depression?

Or rather, is there a means to come to face that emotion or sense of self that impedes the self without falling into it?

The intention could possibly be to reacquire the memory of depression

stronger towards life and a layer that could be elaborated upon for the sake of curing one of their perspective. Now the concept becomes dangerous as playing with perspectives might overcome the

layer forced through the self there to foster internal, within a fighter of self-defense? Turmoil boiling within, creeping closer to desperation and how do we stop it from agonizing experience? Can we grab hold of such depression and break it down, to defeat it with our cognition there to make theory and recognition of self. To turn to laugh and rejoice in passions double blade, and do we know we those who struggle without and within, ever death in sight? Edgar Allan Poe wrote of his love affair with depression as follows:

tain his mood within him t
targeting his depression. He wrote:

*No sorrow won't though live with me
No casual mistress but a wife
My bosom-friend and half of life
As I confess it needs must be?*

*O sorrow, wilt thou rule my blood,
Be sometimes lovely like a bride
And put thy harsher moods aside
If though wilt have me wide and good?*

In conclusion one might consider turning inward to oneself and become acquainted to the layers that impede the self to develop the expression for to eventually rejoice in one's self in a relationship with melancholy.

*And by a strange alchemy of brain
His pleasure always turn'd to pain-
His naivete to wild desire-
His wit to love-his wine to fire-
And so, being young and diti in folly*

I fell in love with melancholy

Alfred Tennyson desired to con-



www.geocities.com/Athens/Delphi/1829/sadpics.html

for to look back and analyze one's self. Perhaps one could, upon finding this layer of self, develop that emotion or sense of self such that the sequential episode will be

truth. For the sake of self would you sacrifice the truth?

What if you were creeping into the depths of passion, that faculty that enlivens us and recedes, a

Learning and Spirituality

by John Sugrim

The word learning evokes images of textbooks and classrooms. The word spirituality is perhaps even more confusing in that it evokes thoughts about religion, religious beliefs or sometimes even the spirit or ghost world. Thus a combination of these two words may lead even to further confusion in the minds of people. The purpose of this article is to clarify the concepts of learning and spirituality and help you to make meaning of the terms in a way that you are able to apply that meaning in a practical way to your everyday experiences. In other words, through an understanding of the concept of spirituality a person will be more able to accept and absorb learning faster and better.

Most people encounter experiences that evoke happy feelings or feelings of sadness. For instance, a parent may get a feeling of immense joy at observing a child take their first step; a teenager may get a deep sense of elation at watching their first love approach. Someone may feel a sense of connectivity with something much larger when they look up at a full moon in the sky or watch water cascading over the rock face at Niagara Falls. There is a feeling of

awe and mystery in the experience. It is these types of encounters that are referred as spiritual. This spirituality is a sense of connection of the inner-self with the larger universe, a connection which often manifests itself through an emotion or feeling.

In the Western world, people are often afraid or ashamed to express their feelings. People do not want to expose their inner-selves and feel rather secure in conforming to societal expectations that one should maintain a firm composure and a hard external shell. But what happens when they are alone? Away from the eyes of the public? Their true being emerges.

Learning depends on concentration, on attention, on mindfulness. The human mind races a million miles per second if you allow it. In our haste, we forget our keys; we forget birthdays and anniversaries of our loved ones; we get introduced to people and promptly forget their names; we go to school and cannot remember our lessons. Why? We fail to live in the present moment. We cease to be mindful of the one thing we need to be concentrating on but rather allow our mind to race in other directions. Thus to foster learning, we must first quiet the mind.

You ask yourself that in this

busting world of survival of the fittest, who has time to sit in a cave or on a mountain top and meditate? But the truth is that we all practice yoga and meditation every minute of our lives. For instance, Hatha Yoga is the yoga of movement. We walk, sit, stand, and run for the bus or train. What are we doing? Also, Pranayama is the yoga of the breath. Each day we breathe 21,600 times without even knowing it! So here is your first practical exercise in mindfulness. Every morning as soon as you come awake, be mindful of your breathing. Focus on 10 in-breaths and 10 out-breaths, then slowly get out of bed. Do the same thing just before you fall asleep at night. Over time watch your sense of calmness grow and your relationship with your loved ones get better and better. If you are a student in school, college or university, be mindful of your breaths for a few seconds before the start of every new class. Gradually extend the time to a few minutes and keep a journal if you can, to track your progress and compare your test grades to previous years.



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 Student Association

8

ENTERTAINMENT

Movie Reviews

by Sera Gordon

When you see a movie do you carry it with you? Perhaps storing it in your psyche so that at a later date you can pull it out and voila — you somehow become that character. I have seen quite a few movies lately, and have to say that I am already using the main characters as a main frame for some of the events that I have encountered, whether it be impersonating the movie for friends who have yet to see the film, or if its going on in my head when I want to say something but know its best

something else). The storyline of the film is about an alien who lands in NYC at Grand Central Station, and somehow finds himself in the mental institution with Jeff Bridges as his doctor as the film progresses you begin to realize that everything happens for a reason. The end is not something you would expect, but this movie wasn't anything like I had expected there. This is a great movie to go see with your friends because the conversation topics after are endless! Aliens, Fate, Belief, True



Love, and Humanity.

Mulholland Drive

Another David Lynch film. This guy is too much. I love David Lynch films. I was excited about getting to

another one since the last film he put out was about 2.5 years ago (*The Straight Story*). This movie was originally shot as a pilot for an HBO series (Do I hear *Twin Peaks* again?). However the series never got bought so it was released as a feature film instead. The one thing I love about David Lynch films is that they all have the eerie background effects, so that you never know what to expect. If you don't like the unexpected or films that you can't explain or understand then don't see this film. If you do like riddles, and being left in the dark then this is a good film for you. Personally I thought this film was a spin off of a David Lynch film called *Lost Highway*. I cannot explain why I think this except that I am sure if I watched *Blue Velvet*, *Lost Highway*, and *Mulholland Drive* it would all make sense. And suddenly the mystery of how do they get the creamy peanut butter in the centre of a delicious Reese Peese Cup would completely make sense to me!

Waking Life

It is a graphic designer's opus for inspiration. This movie questions all

possibilities of philosophical being whether you are awake or asleep in an animated sense. This movie is a breakthrough movie as it introduces the "rotoscoping" effect, animation that is drawn on top of digitally shot



live action footage. Watching this movie made me wonder what really happens when we are asleep, and if in fact our dreams are true, and when we are awake are we really, or are we still dreaming, just incorporating our everyday life into our dream state...all I could say was WOW! I was blown away by the digital effects! It was "waking life" the animated character movements seemed so real. Every question that they were pondering are all questions that we have pondered at one time or another within our life span. And I think we will continue pondering. This film will make you look at your dreams in a different way guaranteed.

Enjoy this film, and I would definitely recommend going into the



theatre completely sober! In fact the film recommends it on the poster. Discover this one!

Harry Potter and the Philosophers Stone

Kids' movies these days are fantastic! This movie is the equivalent of the *Never Ending Story*. I am so happy that I went to see this film! What a refreshing

change of pace from the usual films I go to see. This movie is such a riot! It has all the elements of good vs. evil, and the action (little children flying through the air on broomsticks, 5 headed gods etc.). I wish that I went to school for magic. The emotions in this film run high. For some reason I felt a lump in my throat throughout the movie. I guess it was from the nostalgia of hanging out with five year old children, at a matinee on a Sunday afternoon. Oh what I would give to be a child again. So free and ready for life without the heavy load of responsibilities. I saw the movie on the Sunday of the opening weekend and the theatre was not packed due to the Santa Clause parade. I did not miss the noisy theatre environment that I was expecting. It was a blast hanging out with children, watching kid flicks. Although I think this is one film that everyone will enjoy! Now I can't wait for *Lord Of The Rings*.

Monsters Inc

Ahh, after Harry Potter I could not resist seeing *Monsters Inc*. Especially a Disney film. Again this movie really hit a home run with me. This movie made me laugh the entire time. It was highly entertaining and cute. The character development and story line was really great! *Monsters* trying to scare little children while they sleep. The funny part about it is the monsters' perception about little children. That is until one little girl changes the whole plot. And of course there are villains, and evil plots to keep the story together. I went to this movie with a 14-year old boy who I was watching, and was a little worried that he would think I was a baby because I picked *Monster's Inc*, and not something like *Snow Jam*, but even at the end of the film he admitted that he loved it and found it highly entertaining. Although I doubt he will tell his friends at school that he went to see the movie. I am totally up to date on all the current children's films that will be coming out in the near future. And I can't wait for *Jimmy Neutron*!

Restaurant Review

On December 13, 2001 I went to the LGBT Christmas celebration. It was held at Zeld's Bar Restaurant

542 Church St

www.zeldas.on.ca

I walked up to Church St. with a couple of my friends that are active members in the group. I cannot believe the weather that we are having! It was a gorgeous night to be out walking! Once we got to the location of the get together it was great fun! I loved the environment! I remember when Toby's used to be located here. And I never had this much fun hanging out at Toby's. (I used to live across the street). The environment was funky with cool jammin' music playing and cool friendly people as customers. Promptly we were seated with everyone, and given menus. The menu items ranged from full course meals to snacky finger foods. Since it is the end of the semester and my budget is getting low a friend and I decided to share a few things. We ordered chicken quesadillas, and cheesy fries since we are so cheesy! And a pitcher of beer to celebrate the end of the semester. The food came in good time and it didn't take long to consume. The food was good, the environment was good. I don't think that you could ask for anything more! After everyone had eaten and we had paid our bill we headed over to

Babylon for an after dinner aperitif! Can you say martinis? What a beautiful place Babylon is, 553 Church St., Toronto) with its leather couches and warm replaces. We were lucky that we got there early enough as we were able to get the couches on the second floor.

Thanks to MaMa and PaPa. We ordered a round of martinis and proceeded to get to know each other better. Another great place on Church St.

One of the people who I was hanging out with on this particular night is not from Toronto and commented on what a great time he was having. He said that where he is from (a far far away land) the most exciting thing to do in his town is hang out at Tim Horton's. Now I don't know about you but that does not sound too exciting. I think we have to show this boy a thing or two about downtown living.

Sounds like a TV show doesn't it? stay tuned to next week's episode on Jimmy's New To T dot.

Hey maybe we can start a new column...

Any takers?

Any volunteers?

We could start our own Queer As Folk on paper!

We could start new trends man. After all isn't that what 2002 is all about...New Beginnings?



not to:

K Pax

Stars Kevin Spacey (when he is

Life tastes good

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SPORTS

GREETINGS!

The Athletic Department would like to wish everyone a happy and safe holiday season. We would also like to thank all the individuals who contributed to the various activities and events that our department hosted. Without you, those activities and events would not have been a success.

Hope to see you in January!

WOMEN'S BASKETBALL -Staying positive!

After playing the more elite teams in the Eastern Division, our Lady Huskies have suffered tough losses and currently hold a 0-5 record. However, facing such tough opponents have allowed our team to measure themselves against the competition. Our Ladies are playing well, but only in spurts. The intensity and focus is great for the first half but diminishes in the second half. According to Coach Albert, "in order for us to compete, we must stay focused for 40 minutes, have more patience on the offensive sets, and control the defensive boards consistently as a unit."

The Ladies have also endured losses due to nagging injuries to Katrina Pilestedt, Laura Daly, and Shernette Hardware. However, under the leadership of Anna Russell and Kim Redhead, the Huskies are able to maintain a positive attitude and continue to work hard on and off the court. Both Anna and Kim are also leading the team in scoring. Go get them Huskies!

BADMINTON

-Preparing to smash the season!

After six weeks of practicing, the Badminton Teams are progressing. However, there is still a need for female Badminton Players.

On Saturday and Sunday, November 25 and 26th, 2001, our Badminton Teams competed in the Fanshawe Invitational Tournament. Overall, our teams played very hard and were excellent representatives of George Brown College. Also, all of the players were able to gain valuable experience and continue to be an asset when our teams compete in the playoffs.

The results of the tournament are as follows:

- 1st Men's Doubles "C" Consolation Round
- Oscar Tsai & Terry Januszewski
- 2nd Mixed Doubles "C" Consolation Round
- Oscar Tsai & Partner from Fanshawe
- 2nd Ladies Doubles "C" Consolation Round
- Lyan Wang & Sarah Yeh
- Semi-final in Mixed Doubles "C" Consolation
- Terry Januszewski & Lyan Wang
- Players that advanced to 2nd Round Consolations:
- Johan Drogell M/S
- Kevin Bobier M/S
- Howard Teng M/S
- Johan & Kevin M/D

MEN'S BASKETBALL

-Enthusiast about playing!

Although our Men's Basketball team is doing well, they still need a lot of knowledge toward the game. The team currently holds a 2-2 record in league play and a 9-7 record overall. With the

leadership roles and outstanding play of co-captains Wilton Edwards and Dion Horsford, coach Willie feels that the Huskies will have a promising season.

In order for the Huskies to have a successful year, they must play together, show commitment and make sacrifices when necessary. So far, the team has shown great work ethic, teamwork and determination to improve every aspect of play. While point guards Michael Hayles and Jarvis George continue to play aggressive defense and display their ability to pass the basketball, rookies Michael Steele and Tom Bielecki continue to show their dominance in the paint. Also, senior shooting guard Alex Kim is finding his touch and sophomore Omar Omar is stepping into his own, being the most consistent Husky player thus far. In addition, the continuous improvement of Joel Castro and Sunny Oomitan will be key when the Huskies compete during the playoffs.

MEN'S VOLLEYBALL -Still working hard!



Throughout league play, our Huskies defeated Sir Sanford Fleming by a score of 3-0, then lost to Algonquin 2-3. The team regrouped and dominated a weaker La Cite Team, beating them by a score of 3-0. We then faced a tough Durham Team and lost by a score of 0-3. Our Huskies then faced Loyaltel who dominated most of the game, beating us by a score of 0-3. Coach Irl felt as though his team played well, and they will improve for their future games. Keep on spiking Huskies!

Female Athlete of the Month - November



Anna Russell
2nd Year Activation Gerontology
Women's Varsity Basketball



Male Athlete of the Month - November
Omar Omar
1st Year Child & Youth Worker
Men's Varsity Basketball

ANNOUNCEMENTS: Interested in Women's Volleyball?

A group of players are meeting each Wednesday at 5:30 p.m. at Casa Loma gymnasium. Come one, come all!

Women's Indoor Soccer?
The Women's Indoor season has started and Coach Sonia continues to practice with all interested parties on Tuesdays and Thursdays from 5:30 p.m. to 7:00 p.m. at Casa Loma gymnasium. Come on out and play!

Men's Indoor Soccer?
Practices for the Men's Indoor Soccer Team have begun and continue on Mondays at 7:00 p.m. at the Casa Loma gym. All students interested in trying-out for the team are welcome to attend.

Tennis Lessons?
Lessons have started and will be held on Tuesdays and Thursdays at St. James from 4-5 p.m.

Intramurals?

Take advantage of a chance to have fun and compete against your college peers. Pay attention to tournament dates and registration deadlines for all upcoming events and activities. If you have any suggestions about activities that you would like to participate in, please contact the Athletic Staff.

Skiing?

The Ski season is now on and our Ski Team is planning its practices, which starts on Monday, January 21 at the North York Ski Slopes. There are 3 invitational races in which we will be competing. Also in the works, we are planning a Ski Trip to Horseshoe Valley in February. If you require further information about skiing, please come and see us in the Athletic Department.

Upcoming Varsity Home Games

Women's Basketball

**GBC vs. Alumni
Fri. Jan. 11/02 6:00p.m.

**GBC vs. Durham
Fri. Jan. 18/02 6:00p.m.

**GBC vs. Humber
Wed. Jan. 23/02 6:00p.m.

**GBC vs. Georgian
Fri. Jan. 25/02 6:00p.m.

Men's Basketball

**GBC vs. Georgian
Wed. Jan. 09/02 7:00p.m.

**GBC vs. Alumni
Fri. Jan. 11/02 8:00p.m.

**GBC vs. Durham
Fri. Jan. 18/02 8:00p.m.

**GBC vs. Humber
Wed. Jan. 23/02 8:00p.m.

**GBC vs. Sheridan
Wed. Jan. 30/02 8:00p.m.

Men's Volleyball

*GBC vs. R.M.C.
Fri. Jan. 18/02 8:00p.m.

*Game will be played @ the Casa Loma Campus
**Game will be Played @ the St. James Campus

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12:30 p.m. Singers/Actors
2:30 p.m. Dancers

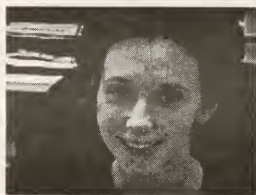
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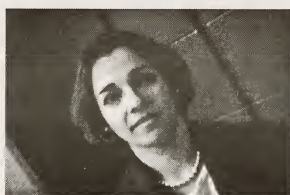
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What is your New Year Resolution?



Lesley - Get Back Jacks
Not to drink so much coffee



Neda - Dental Hygiene
Hopes the war will end



Dave Deron Davis - Building Renovations Tech
We got grades on LOCK!



Sally - Dental Assistant
To help out more around the house



Faith - Spend more time with family



Arif - Information Technology
'Booming Styles' a Booming Business



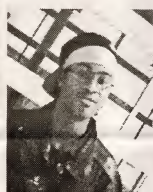
Zorba Gidget - Fashion Tech
Stop procrastinating, and date more!



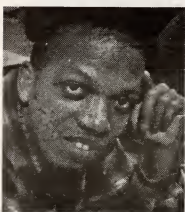
Shiklunah - Fashion Tech
Quit Smoking! Love life more!



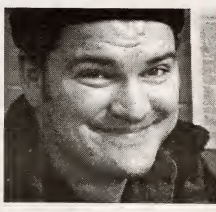
Lobbo - To keep her resolutions
Bruce - Shave more often



Terrance - To spend more time at school



John - Construction Management
Be more dedicated to working



Josh - I already quit smoking and drinking. I am not about to give up sex, so I think it is safe to say that I have nothing to resolve



Laurann - Manage finances better
Lauren - Its all about the family
Jessica - No more procrastination
Shaone - Finances, family, school



Charles - to live life to the fullest.....and fill out the Bruce Mau questionnaire

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